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## Increasing Physical Activity in Dayton, Ohio

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# Increasing Physical Activity in Dayton, Ohio

Justin Chu

Dr. Corey Ellis and Dr. Yamini Teegala

## **Abstract**

The purpose of this project was to address the importance of physical activity to the residents in the Dayton, Ohio community and bring awareness to the benefits exercise has towards overall health. Physical Activity is one of the main topics of Healthy People 2020 with a goal to have a national average of less than 32.6% of adults engage in no leisure-time physical activity (Baseline in 2008 was 36.2%). This objective is a major concern because regular physical activity can improve overall quality of life and lower the risk of chronic diseases like diabetes and high blood pressure.

This topic of study was executed by utilizing the various resources provided by the Five Rivers MetroParks of Dayton and informing patients of the weekly events and handing out brochures of metroparks. The clinics where the project was conducted saw a large population of patients with knee and hip pain from excessive weight bearing and lack of regular exercise which allowed the project to reach out to a large number of individuals. Based on the follow up patients we saw during the time the project was being conducted, some patients noted a positive change in lifestyle in response to their physical therapy treatment and increased physical activity.

## **Discussion**

The Five Rivers MetroParks of Dayton participated with the National Recreation and Park Association (NRPA) by celebrating the month of July as Park and Recreation month. Everyday in July there were scheduled events to encourage Dayton residents to explore the

eighteen different metroparks and engage in various physical activities that ranged from jogging, hiking, biking, canoeing, etc. These outdoor activities were great supplemental activities for the majority of our patients that benefit from physical therapy, stretching, and strength training exercises. In addition to encouraging patients to attend the events at Five Rivers MetroParks, patients were educated on the benefits of regular exercise on overall health and that establishing a routine of twenty minutes per day of physical activity can be sufficient. Recent knowledge from a continuing medical education course also explained that losing 5-10% of body weight can decrease a patient's pain scale by two points if the patient has knee pain due to arthritis. Healthy People 2020 also note that regular physical activity decreases a person's risk of early death, coronary heart disease, type 2 diabetes, high blood pressure, and much more. In adolescents the same type of regular exercise has the ability to improve bone health and reduce symptoms of depression.

Unfortunately, some patients didn't have the ability to participate in some of the scheduled events because they were in either too much pain or did not have the time because of work conflicts since some of the scheduled events are during the day. Overall, the project was able to impact the members of the community and encouraged them to participate in twenty minutes of physical activity per day. Patients enjoyed learning about the different events hosted by the city and the idea of being proactive about their physical fitness and the benefits it has on overall health was well-received.

## Attachments

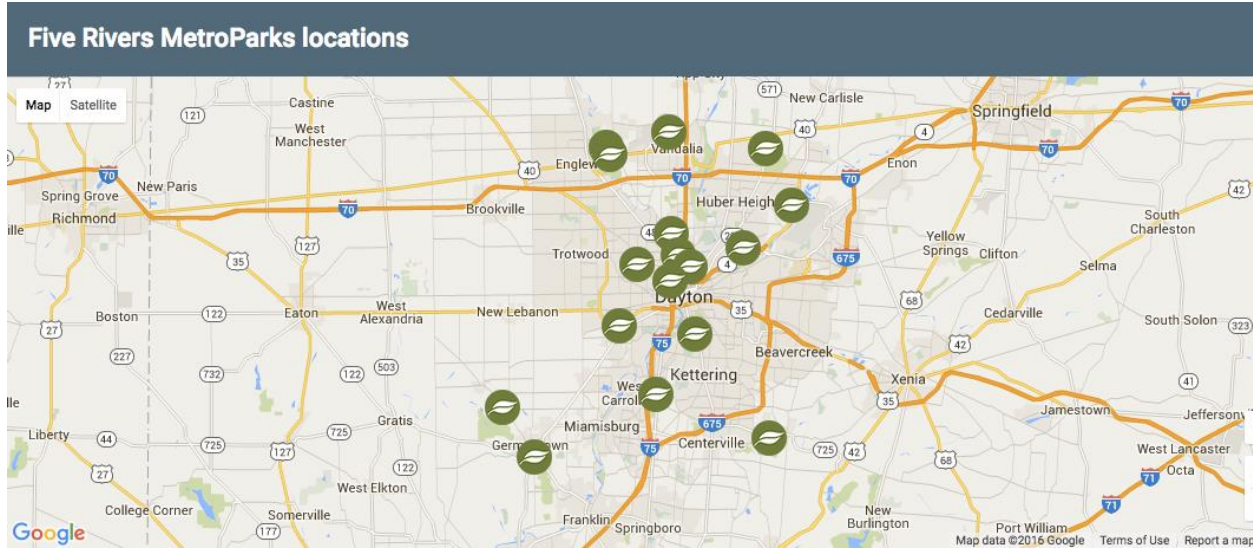


Figure 1. Location of Five Rivers MetroParks.

July						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
	1st Year Summer Horse Camp 8:30am - 12:00pm  2nd Year Summer Horse Camp 1:00pm - 4:30pm	Adult Nature Walk 9:00am - 11:00am  Build a Dry Stone Retaining Wall 9:00am - 12:00pm  Try Paddlesports 4:00pm - 7:00pm  The RIGHT Size Garden 6:00pm - 7:00pm <a href="#">View all 5</a>	Discovery Stroll 10:00am - 11:30am  What's New @ 27 2:00pm - 3:00pm  Compost Kitchen 6:00pm - 8:00pm	Greene Trails Cycling Classic 8:00am - 5:00pm  Volunteer: Conservation Volunteer Orientation 9:30am - 11:30am  Gardening for Kids 10:00am - 11:00am  Farm Storytime 10:00am - 11:00am <a href="#">View all 7</a>	Garden Habitat Exploration 10:00am - 11:00am  Nocturnal Excursion 8:30pm - 10:00pm	Morning Chores 8:30am - 10:00am  Ride to Wright Brothers Memorial Park 9:00am - 11:00am  Volunteer: MoMBA Trail Work Days 9:00am - 12:00pm  Yoga 6:00pm - 7:00pm <a href="#">View all 7</a>
17	18	19	20	21	22	23
Bike to the Dragons 2:00pm - 5:00pm	3rd Year Summer Horse Camp 8:30am - 12:00pm  Creek Play 10:00am - 11:30am  2nd Year Summer Horse Camp 1:00pm - 4:30pm	Wilderness First Aid 8:00am - 6:00pm  Learn How to Prune Woody Plants 9:00am - 11:00am  Adult Nature Walk 9:00am - 11:00am  Youth Kayak 1 10:00am - 4:00pm <a href="#">View all 5</a>	Veggie Story Time 10:00am - 11:00am  Discovery Stroll 10:00am - 11:30am  What's New @ 27 2:00pm - 3:00pm  Englewood 5k 7:00pm - 8:30pm <a href="#">View all 4</a>	Salsa 2:00pm - 3:00pm  School Garden Tour: West Carrollton 4:00pm - 6:00pm  Program Cancelled Teen Mountain Biking 2 5:30pm - 8:00pm  Chicken 101 10:00am - 11:00am <a href="#">View all 5</a>	Discover the Garden 10:00am - 10:30am	Wandering Wheels Volksmarch 8:00am - 4:00pm  RiverScape Gardening Steward 9:00am - 11:00am  Ride to Crains Run Nature Park 9:00am - 12:00pm  Zumba 7:00am - 8:00am <a href="#">View all 6</a>

24	25	26	27	28	29	30
	<p>4th &amp; 5th Year Summer Horse Camp 8:30am - 12:00pm</p> <p>Teen Adventure Camp 9:00am - 4:00pm</p> <p>1st Year Summer Horse Camp 1:00pm - 4:30pm</p> <p>Nothing Around 8:00am - 4:00pm</p> <p><a href="#">View all 4</a></p>	<p>Adult Nature Walk 9:00am - 11:00am</p> <p>Volunteer: Five Rivers MetroParks Volunteer Orientation 1:00pm - 2:30pm</p> <p>School Garden Tour: Southdale 4:00pm - 6:00pm</p> <p>Volunteer: <a href="#">View all 6</a></p>	<p>Discovery Stroll 10:00am - 11:30am</p> <p>Creek Fun 1:00pm - 2:30pm</p> <p>What's New @ 27 2:00pm - 3:00pm</p>	<p>Farm Storytime 10:00am - 11:00am</p> <p>Moths at Night; The World's Wildest Nightclub 8:00pm - 9:00pm</p>	<p>Garden Habitat Exploration 10:00am - 11:00am</p> <p>United Irish of Dayton Celtic Festival 6:00pm - 11:00pm</p>	<p>Ride to Verona 9:00am - 11:00am</p> <p>United Irish of Dayton Celtic Festival 12:00pm - 11:00pm</p>
31						
	<p>United Irish of Dayton Celtic Festival 9:00am - 6:00pm</p> <p>Possum Creek Hike With the Metro Dayton Hikers 1:30pm - 3:30pm</p> <p>Summer Beauty at Aullwood: lillies and ferns 2:00pm - 4:00pm</p>					

Figure 2. Calendar of scheduled events hosted by Five Rivers MetroParks from <http://www.metroparks.org/programs-events-finder/>.

Additional Resource for July activities during Parks and Recreation Month:

<http://www.metroparks.org/celebrate-parks-recreation-months-superjuly-five-rivers-metroparks/>  
<http://www.nrpa.org/july/>